

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Make Half Your Grains Whole	Developed by: Colorado State University	Date: 2009
	<local agency nutritionist name>	Review Date:

MOWINS NE topic(s): Other (document FNEP in general notes) and Whole Grains

Target Population*: Women and Children ☒ Group Session

Learning Objective(s):

Participants identify the health benefits of whole grains and ways to recognize whole grains on food packages. They identify recommended daily amounts of grains and plan a breakfast including whole grains. Students identify ways to keep whole grains safe to eat. They participate in physical activity. Students set activity goals and goals to get more whole grains.

Learning Activities:

Participants identify grains and visualize how whole grains differ from refined grains. They look at labels and identify ways to find whole grains and grains high in fiber. In small groups they discuss whole grains their families might enjoy. They participate in physical activity. Participants identify how much grains, whole grains are recommended. Using measuring cups and other visuals they recognize recommended amounts of grains. Parenting tips are shared. They plan a breakfast with at least one whole grain and a fruit or vegetable. Food safety tips are shared. They set goals to try a whole grain and be more active.

Content:

Whole grains are an important part of the diet. Nutrition labels can help identify whole grains. Identifying recommended amounts of grains helps participants add them to their meals and snacks.

Methods, Materials, and Equipment

Handouts and worksheets reinforce the learning activities and content. Visuals are used. When time and facilities allow a food tasting, demo or preparation is conducted.

Est. Cost:

Evaluation Method:

A retrospective pretest method is used - participants fill out an evaluation card at the end of the lesson.